

SUNDAY, JANUARY 1, 2023

FIRST DAY

HIKE

TWO LIGHTS STATE PARK



TAKE IT
OUTSIDE!

TIME: New Year's Day, 6:30 a.m.—9:00 a.m.

For Sunrise: Arrive 6:30-6:45 / Hike is from 7:30—9

LOCATION: Off Route 77, Cape Elizabeth.

Meet at High Head at the rose garden.

Watch the sun rise over the ocean on the first day of 2023. Listen to the waves wash against the rocks as the sun rises. We'll look for the green flash, breathe the cold air and enjoy the first rays of sunlight. It's the beginning of another trip around the sun! Bundle up! Bring chairs and hot beverages to sip and enjoy the sunrise.

Stay to take a walk to learn how plants and animals adapt to survive the cold winter months, on an easy 3/4-mile loop of the shoreline and woodland paths. Arrive: 6:30-6:45 a.m. Sunrise 7:15. Winter plant and animal adaptation walk 7:30-9:00. Parents must accompany children under 12 years old. Pets must be leashed. Please dress warmly and bring water and snacks.



FMI: Call (207) 799-5871 or visit www.ParksAndLands.com